

TESTING CRITERIA

2D SR. BLACK BELT

FORM

**YOO - SIN
+ EXTRA FORM**

SPARRING

2 - 3 TIMES

BOARD BREAKING

(All board breaking must be approved by the students instructor)

The black belt may do either a three station break or a two station break. A three station break would be a hand technique, a right foot kick, and a left foot kick. A two station break would be a hand technique and a jump kick. Jump kicks would include, but not limited to, jump spin side kick, jump axe kick, (face level), jump round kick, (face level), jump front kick, (one hand high above head), or jump side kick over two obstacles.